

Kids Care for a Clean Environment

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Parents & Guardians
PARTICIPATE & DISCUSS
KEY MESSAGES WITH KIDS



NATIONAL NAVAL MEDICAL CENTER
CELEBRATES EARTH DAY
EVERY DAY!

The paper in this activity book contains a minimum of 10% post-consumer waste.

Kids Care for a Clean Environment



This book belongs to

It's up to us kids to help keep our environment clean!



**We can do it! We can make our air and water cleaner.
And if we help the environment - we help the world!**

Did you know that you can live about three weeks without food, three days without water, but only three minutes without air!



That's why clean air is so important. But what exactly is air? What makes it dirty? What can kids do to help keep it clean?

All About Air!

We breathe in about 35 pounds of air each day.
Air is made up of: oxygen, nitrogen, carbon dioxide
and other gases.



But the most important part is oxygen. All people and
animals need oxygen to live.

Plants are our friends!



Plants help us breathe by giving off oxygen. As people and animals exhale, they give off carbon dioxide. This is what plants "breathe." Plants, people and animals need each other to survive! You can help the environment by planting trees and plants.

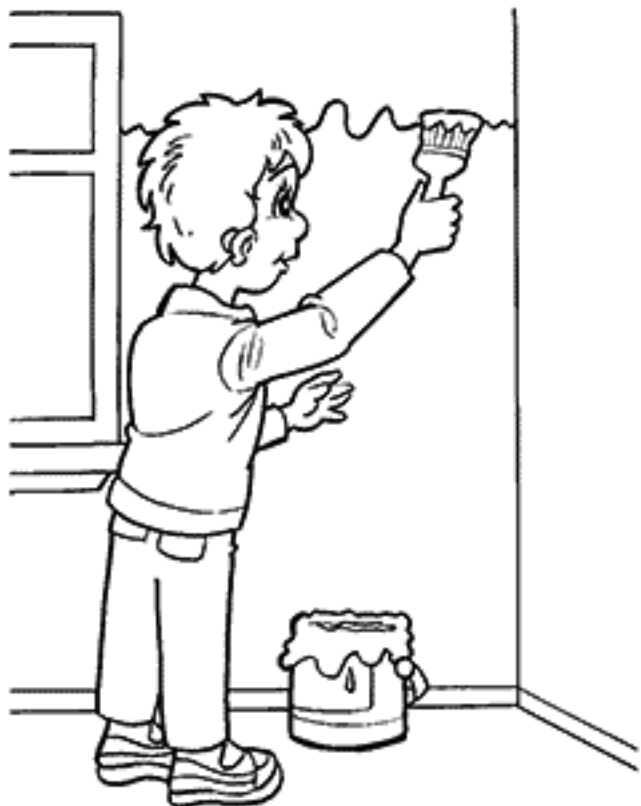
Did you think the 3 R's were Reading, 'Riting and 'Rithmetic? "Rong!" The 3 R's that can help the world are:
Reduce, Reuse and Recycle!



We never really throw anything away. Each of us makes five pounds of garbage every day! Recycle your stuff! My dad saves me his old business papers for me to draw and write on the back. My mom likes to use those butter tubs for leftovers. We recycle cans, bottles and plastic stuff.

Yuck!

We use a lot of toxic stuff every single day – from paint on our walls to the detergent to wash our clothes.



Did you know there are other things to use that are better for the environment? Like water-based paint and all-natural cleaning products. Even baking soda is good for cleaning and doesn't harm the earth.

A few other ways to save the world:



- Use a push mower to mow the lawn instead of a gas-powered mower.
- Use a broom instead of a leaf blower.
- Unplug your chargers for MP3 players or cell phones to save electricity.
- Reduce the number of trips by car. Walk or ride your bike.
- Share your magazines with a friend.
- Bring your aluminum cans to the recycling center.

Don't let the water run in the sink while brushing your teeth.



Save water. And watch out for drippy faucets, too!

If you see a bug on the sidewalk, take a stick and gently move it to the grass. Bugs are important to the environment.



And don't kill spiders. They eat other bugs so you don't have to use dangerous bug sprays.

To keep grass and plants happy, water them in the morning or the evening.



If you water during the heat of the day, the water will evaporate and the plants will get thirsty sooner.



THE WORDS ARE ALL MIXED UP.

Can you unscramble the words?

HINT: The word begins with the letter in black

1. **y**cler**c**e _____

2. **t**re**w**a _____

3. **x**gyn**o**e _____

4. **s**ub**g** _____

5. **s**tar**h** _____

6. **s**ee**u**r _____

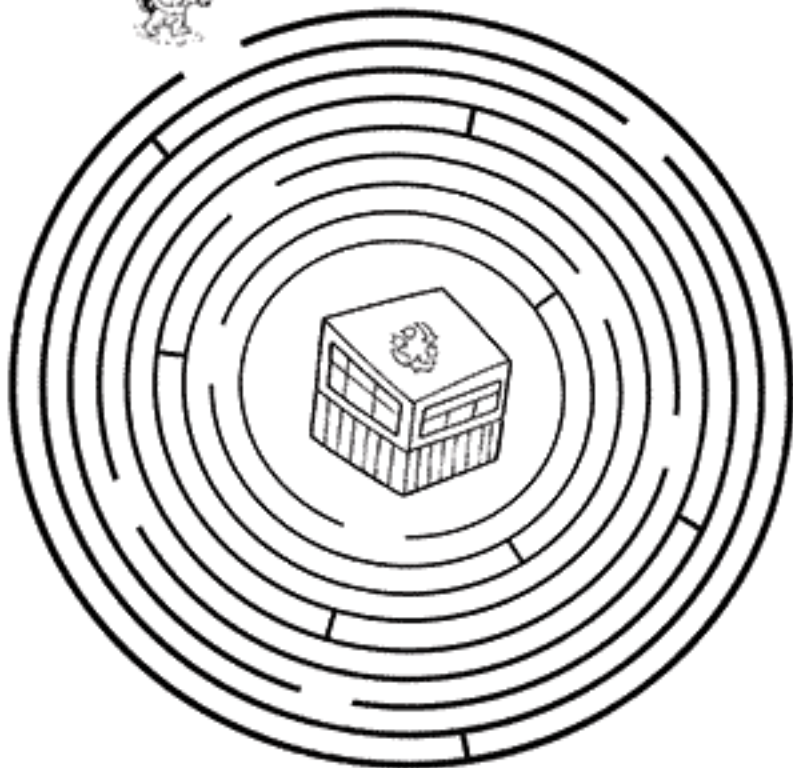
7. **n**pt**a**ls _____

8. **n**asc _____



A-MAZING!

Help the chipmunk find his way from his house to the recycling center.



FILL-IN FUN

Fill in the missing word



1. **When you _____ you help the environment.**
2. **You can _____ many items like plastic tubs and bags.**
3. **Recycling makes the _____ a better place.**
4. **All people and _____ need oxygen.**
5. **_____ make oxygen.**

Circle the items that can be recycled.



Time to Laugh!

QUESTIONS:

1. What did the little mountain say to the big mountain?
2. What has four wheels and flies?
3. Who stole the soap?
4. What kind of flower grows on your face?
5. Why did the tap run?
6. What did the sea say to the sand?



ANSWERS:

1. Hi Cliff! 2. A garbage truck! 3. The robber Ducky! 4. Tulips!
5. Because it saw the apple turnover. 6. Nothing, it just waved.

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*I promise to do all I can to
help keep our environment clean.*

Sign your name here



Conforms to ASTM D-4236
Intended for ages 3 years & up
<http://jcpjpa.org>
LUX #090909
Printed in the USA.